



# Growing Home

## LOCAL FOOD CLUB

### Membership Registration and Order Form

If using the School Cash Online portal for your school, this form is still required to provide your email and additional information to HFFA.

Brought to you by:



headwaters food & farming alliance

With support from the Ontario Trillium Foundation

School: \_\_\_\_\_ Teacher: \_\_\_\_\_

Student name: \_\_\_\_\_

Email: \_\_\_\_\_

(By providing your email address here you are giving your consent for HFFA to send you e-mails.)

How many family members do you feed? \_\_\_\_\_

Please advise of any serious food allergies. E.g. celiac/gluten, peanut/tree nut, dairy, egg:  
**(NOTE: We cannot guarantee that packs will be free of contamination from these items. Please use your own discretion when ordering)**

(Optional) Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_

NOTE: This year the recipe and newsletter will be supplied electronically via email link, in print-friendly PDF format that can be downloaded to print at home.

### HFFA Local Food Club

### Order Form 2016-2017

Month	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
Order by	07-Oct	04-Nov	02-Dec	23-Dec	03-Feb	03-Mar	07-Apr	05-May	02-Jun
Delivery	26-Oct	23-Nov	21-Dec	25-Jan	22-Feb	29-Mar	26-Apr	31-May	21-Jun
Quantity:									

**PLEASE RETURN YOUR FORM BY THE ORDER BY DATE IN THE TABLE ABOVE.**

**ALL PAYMENTS TO BE MADE USING SCHOOL CASH ONLINE.**

Each bag is \$ 20.00

\*To inquire about multi-pack discounts for your large family or subsidized options, please contact, in confidence, your principal, Local Food Club School Champion: Jennifer Marnie or contact the HFFA Program Coordinator:

Email [food@headwaterscommunities.org](mailto:food@headwaterscommunities.org) or call Nicole: (416) 884-8696  
 Find out more about the program at [hffa.ca/farmtoschool](http://hffa.ca/farmtoschool).

Introducing...

# Growing Home

## LOCAL FOOD CLUB

### What is the Local Food Club?

This is a Farm to School program from a not-for-profit community organization whose goal is to make healthy local foods more accessible to busy families in Headwaters, to provide education, make connections with local producers and promote awareness about our local food system.

This program provides a healthy, monthly “meal in a bag”, with featured seasonal recipes, information on nutrition, the food and farmers, tips for handling food and cooking with kids, and local ingredients from a variety of farms and local food producers. For \$20 each\*, the packs are delivered to your school once a month and sent home with your child. Enjoy cooking and eating together as a family, for less money than a meal out, with the excitement of exploring each pack’s surprises and the convenience of having it delivered. A portion of the proceeds is donated back to the school.

### What comes with the monthly packs?

- ✓ Samples of seasonal foods, sourced within Headwaters or Ontario
- ✓ A stylish and sturdy reusable drawstring back-pack
  - The bags are big enough to carry lots of good food, but small enough for most JK/SK students to carry home on the bus
- ✓ An electronic newsletter, shared via email link, that includes:
  - A nutritious recipe featuring the month’s seasonal selections
  - Nutritional information, suggested substitutions and add-ins
  - “What kids can do” tips for family cooking
  - Tips on handling, storing and saving the food
  - Profiles of the farmers and food producers
  - A feedback survey/reorder form link. Your feedback is OUR report card!

### How does it work?

#### Using School Cash Online:

Simply complete the HFFA Local Food Club order form(s) and payment through your school’s portal and your orders will be forwarded to HFFA each month by your School Champion.

**ACTION REQUIRED: HFFA needs your email address to forward the recipe newsletters and other member notices. If you wrote your email on a paper form, you’re covered. If using School Cash Online, the school system WILL NOT forward your email address to HFFA. To avoid missing notices, please send HFFA your email address and express consent to send emails to you: [food@headwaterscommunities.org](mailto:food@headwaterscommunities.org)**

You may order in advance for the rest of the school year, or go month-by-month. After you receive your first delivery, return your reusable bag to be used for your next order. Your School Champion, typically a parent or teacher from your school, coordinates with the HFFA Program Coordinator for orders and deliveries. The HFFA team picks recipes, ingredients and suppliers to include each month. Volunteers pack and deliver during the last week of the month. HFFA emails members with advanced notice of any additional items needed for the recipe that cannot be included in the bag because of food safety concerns, like meats and dairy. The recipe newsletter is also emailed on delivery day. For more information, check out our FAQs at [hffa.ca/farmtoschool/local-food-club/faq](http://hffa.ca/farmtoschool/local-food-club/faq).